



CHEF ABDESSAMAD BEN BENAMEUR



MOROCCAN FOOD RYAN GOSLING

Would Eat Every Day For The Rest Of His Life

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Ryan Gosling's favorite place to eat? Tagine, the Moroccan dining restaurant he and chef Abdessamad Ben Benameur opened in Beverly Hills a decade ago. Chef Ben's inspiration is a mix of North African spices and California lightness drawn from the aroma of the freshly ground herbs of his childhood—ginger, turmeric, saffron, paprika, cumin, cinnamon and white pepper—along with a more international flair built on rosemary, thyme, cilantro and parsley. The two met at a catered event long before the actor became the star of *Drive* and *The Notebook*. After a few tastes Gosling remarked that Chef Ben's dishes were "food he would eat every day for the rest of his life." Now you can too... ■

HALIBUT

INGREDIENTS

20 oz	halibut	3	fingerling potatoes
1 T	parsley	1/2 T	Shallots
1 T	cilantro		pinch of parsley
1/2 T	garlic		pinch of cilantro
	pinch of cumin		pinch of salt
4	baby carrots	1/4	pinch of pepper
1/4	red bell peppers	1 T	extra virgin olive oil
1/4	green bell peppers	2 oz	whipped cream
3	cherry tomatoes	2 oz	veggie stock
3 T	EVOO		sprinkle of cumin
1/4	red onion		fresh sour cream
	handful micro-greens		
3	strings rosemary		

Method for red creamer potatoes:

boil the potatoes with the skin for 10-15 minutes until softened, process in food processor with ingredients until creamy.

Method: Puree potatoes with cream, salt pepper, parsley, cilantro, garlic, thyme and veggie stock. Marinate fish with Chermoula (blended parsley, cilantro, garlic, EVOO, salt and pepper), grill 6 minutes on each side. Sauté veggies with chopped onions; add rosemary, thyme, parsley and cilantro. Serve potato puree, top off with veggies, fish, garnish with micro greens.



TIGER SHRIMP

INGREDIENTS

4	peeled tiger shrimp
1	pearl onions
3	crushed garlic
1 T	parsley
1 T	cilantro
2 strings	thyme
2 strings	rosemary
2 T	EVOO
1 T	salt,
pinch	pepper, turmeric, ginger,
pinch	Hungarian paprika
1 T	preserved lemon, diced
2	asparagus
4T	sweet peas
2	Brussels sprouts
2	baby zucchini
4T	veggie stock
	edible flowers
1T	goat cheese

Method: Sweet pea puree: boil sweet pea for 15 minutes, blend with parsley, cilantro, garlic, veggie stock (1 tbsp), EVOO, goat cheese. Cut veggies in half, sauté with EVOO, add thyme, rosemary, pearl onions (6 to 7 minutes). Marinate shrimp with EVOO, preserved lemon, chopped garlic, cilantro, parsley, thyme, drizzle with salt, pepper, paprika, turmeric, ginger; grill for 2 minutes. Garnish with basil, edible flowers.



Watch online video of this cooking
hosted by HL editor Yana Mandeville



SALAD

INGREDIENTS

2	red baby beets
1/4	red onion
2	Persian cucumbers
1	tomato
2	leaves of green onions
1/2	baby apple
4	raspberries
4	blueberries
4	blackberries
pinch	parsley
pinch	cilantro
pinch	thyme
pinch	kosher salt, pepper, cumin
1 t	green lemon juice
1 T	EVOO
sprinkle	powdered sugar
1	phyllo dough
1 t	butter

Method: Preheat oven 300°F. Phyllo: 3 layers, inbetween, butter and powdered sugar. Bake for 15 minutes. Boil beets for 45 minutes. Dice the beets, cucumbers, tomatoes, apples. Chop parsley, cilantro, thyme (2 teaspoons). Chop green onions, red onions. Add lemon juice, EVOO, powdered sugar. Mix all together with salt, pepper, cumin, berries. Serve in a cold Bordeaux glass with a slice of cold phyllo dough.

